

## Things to Know About a Health Care Planning Facilitator

### What is a Health Care Planning Facilitator?

A Health Care Planning Facilitator (“Facilitator”) is a care professional or program staff /volunteer who has enhanced knowledge and skills to engage adults in health care planning discussions and connect adults to person-centered care in their community. A Facilitator is a non-judgmental guide who helps adults 18 years old and older:

- Explore goals, values & beliefs, and provide information to make informed choices;
- Make a personal plan to communicate their choices using Massachusetts planning documents;
- Connect to quality care by putting their personal plan into action to promote everyday wellness and person-centered care all through their lives.

### What does a Facilitator do?

A Facilitator is typically part of a health care team or a group’s health care planning program. A Facilitator’s role is to help individuals and families open the door to lifelong health care planning discussions at any age and any stage of health. Facilitators offer general information regarding legal rights and health care options, and help adults identify their personal care goals, fears and concerns, and values and beliefs to make choices for care that are right for them. Facilitators can help adults communicate their care choices by talking with family and writing down their choices in the 5 Massachusetts care planning documents. Facilitators are also advocates, helping adults work in partnership with their doctors and care providers, and to connect to community resources for the best possible care that honors their choices.

### Who can be a Facilitator?

Nurses, social workers, clergy and lay leaders, cultural group members and senior continuing care professionals, attorneys, nursing and medical students and any other professionals or program staff and volunteers who engage adults and families in health care planning discussions.

### How do you become a Facilitator?

You can take a Facilitator Course to enhance your health care planning information, and learn interview and communication skills to engage adults in discussions. We offer two Facilitator Courses for Massachusetts professionals and program staff/volunteers. It is important to note that although you can take a Facilitator course for your own personal skill enhancement, the research shows that the role of a Facilitator is most effective and sustainable when part of a care team within an established health care planning program. We recommend professionals and organizations consider becoming a Honoring Choices Community Partner where Facilitators are an integral part of your program.

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### What are the two Facilitator courses Honoring Choices offers?

You can read more about each course and register for courses by clicking on the link at the end of each description, or by visiting our “Become a Community Partner” webpage. Below is a brief description of the two courses we offer:

#### **Honoring Choices Health Care Planning Facilitator Course**

This course is exclusively for community groups, care professionals, and health care providers who are or want to become a Honoring Choices Community Partner. Community Partner program administrators select appropriate staff or volunteers to take the Facilitator course based on their customized program goals. Facilitators learn how to help adults exercise their legal rights to make a Massachusetts health care plan, implement our "Explore- Plan-Connect" care planning model using the 5 Massachusetts planning documents, and broaden their local network with other Partners to offer coordinated person-centered care to adults and families in their community. The Facilitator becomes the Partner’s ‘in-house expert’ who can educate colleagues, offer community outreach presentations, and coordinate with Honoring Choices to promote and support their program as it grows. Facilitator Courses are offered every other month. Read more and register here. <http://www.honoringchoicesmass.com/wp-content/uploads/2015/02/Health-Care-Planning-Facilitator-Course2.pdf>

#### **Respecting Choices® First Steps Advance Care Planning Certification Course**

This course is open to all community groups, care professionals, and health care providers in Massachusetts. Respecting Choices, located at Gundersen Health System in La Crosse Wisconsin, provides an internationally recognized evidence-based advance care planning program. Read more here. <http://www.gundersenhealth.org/respecting-choices>.

As trained Respecting Choices® First Steps Instructors, we are proud to offer the First Steps ACP Facilitator Certification Course here in Massachusetts. We offer the course twice a year to coordinate with other Respecting Choices courses offered in Wisconsin. Honoring Choices Community Partners and non-Partners are welcome to attend. Read more and register here.

<http://www.honoringchoicesmass.com/wp-content/uploads/2015/02/Respecting-Choices-First-Steps-ACP-Facilitator-Certification-Course.pdf>

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